

FROM THE GROSSMONT COLLEGE HEALTH & WELLNESS CENTER

MAY IS MENTAL HEALTH AWARENESS MONTH

Students, faculty, and staff – please join us

FRIDAY, MAY 7, 11:00-11:30 AM

Feel Good Friday with MSW Intern Molly McGraw: Join us for a half hour of relaxation, meditation, and chair yoga **ZOOM ID: 937 2718 2762**

MONDAY, MAY 10, 2:00-3:00 PM

Wellness Workshop with MH Counselor Ji Eun Ko: A place to explore different elements of wellness and how we can incorporate these into our daily lives **ZOOM ID: 992 6197 9194**

THURSDAY, MAY 13, 1:00-2:00 PM

Reflection Circle with MH Counselors Myles Childs and Toni Martinez:
Topic: Toxic Masculinity and mental health - all genders welcome to join in this time of discussion
ZOOM ID: 927 1375 0353 PASSCODE: REFLECT

FRIDAY, MAY 21, 11:00 AM-12:00 PM

Selfcare During a Global Pandemic with MH Counselor Toni Martinez:
Finding work-life balance, combatting zoom fatigue and toxic productivity, and helping distressed students virtually
ZOOM ID: 967 3893 2656 PASSCODE: SELF CARE

THURSDAY, MAY 27, 1:00-2:00 PM

Reflection Circle with MH Counselors Myles Childs and Toni Martinez:
Topic: Seeking support for your mental health and how to help a friend in need **ZOOM ID: 927 6675 7366 PASSCODE: REFLECT**

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